

PHENOMENOLOGY EXTENSIONS

BASED ON CONSUMER DATA

- Psych forums
- Mental Health Forum – schizophrenia forum
- Mental Health Forum – hearing voices forum
- Schizophrenia.com
- Healthboards
- Crazyboards
- REDDIT
 - o Schizophrenia
 - o Psychosis
 - o Paranormal
 - o Paranormal_Voices
 - o Hearing voices

Get notes from car

- many of the 75 or so neurological symptoms ('soft signs') associated with schizophrenia(that's a LONG list!)
- list of triggers
- misattribution test = cognitive ability and personality tests
- Dragons and Werewolves and Skinwalkers etc cryptids, ghosts, urban legends Like demons, aliens, AI's, telepathy, electronic telepathy, synthetic telepathy, AV telepathy, the government/FBI /CIAetc., spirits, freemasons, (un)freemasons, dark shadow people, Mantii, Arthropods, Nordics, Greys' grays, reptilians, Blue Avians
- Electronic harassment, electromagnetic torture, or psychotronic torture is a conspiracy theory that government agents make use of electromagnetic radiation (such as the microwave auditory effect), radar, and surveillance techniques to transmit sounds and thoughts into people's heads, affect people's bodies, and harass people.[1][2] Individuals who claim to experience this call themselves "targeted individuals" ("TIs") . They claim they are victims of gang stalking and many have joined support and advocacy groups.[3][4]
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- Multiple medical professionals have evaluated that these experiences are hallucinations; the result of delusional disorders or psychosis,[5][6] the same sources from which arise religious delusions, accounts of alien abductions, and beliefs in visitations from dead relatives. It can be difficult to persuade people who experience them that their belief in an external influence is delusional.[1][2]
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- It's called by a number of names, Gang Stalking, Organized Harassment, Zersetzung, Schizophrenia, and clandestine Tagging.
- It can be found within Workplace Mobbing, Cyber Abuse/mobbing, revenge porn/Molka, can be explained by simple White Glove Treatment.

- The experiences of people who describe themselves as undergoing electronic harassment using esoteric technology, and who call themselves "targeted individuals" ("T.I."),
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- they are aliens, demons, real people, or just bad energy.
- Gang stalking
- Some military/government \$#%^ . Guys stop with th BS about hallucinations and mind reading. It's all done with technology and hacking/tracking.
- Their tactics include:
 - exhausting you, wearing you down to the point where your resilience is low
 - confusing you.... with constant commands, contradictions and lies
 - they are especially good at using what is going on in your life to aggravate the situation (and will use YOUR trying to convince your husband that they are not external to make your husband feel worse, for example)
 - they will use anything in your thoughts that ou are not comfortable with, especially if it is something you don't like about yourself
 - the fear of the unknown... since they are hard to explain... and doctors know less than nothing about tem... and family and friends deny the way you are experiencing them.... i is fertile ground for creating false worries and exerting power
 - they work in teams...
 - they switch roles... they can be 'supportive' , only to find a way to turn things around and be downright evil soon after
 - they imitate.. as voices... and in creating visions of people you know

Note for DSM alternative – no one ever believes or is confused about visual hallucinations being real

HOW TO ADDRESS YOUR AVH (VOICES HALLUCINATIONS) FOR MAXIMUM EFFECT

- 1) ask what species they are
- 2) ask their first and last names. (they will say "I'm not answering"). Ask their first name, or moniker
- 3) ask if they know who you are
- 4) ask if they belong to a club or organization
 - Organisations named on forums
 -
- 5) ask what they want from you
- 6) take time date notes (1st person - "quote unquote") always. Highlight any questions they will not answer
- 7) ask how long 'this' is going to take
- 8) ask if they work
- 9) ask if they have any relatives (a mother or father for example)
- 10) ask how much they are getting paid for doing this
- 11) ask what the reason is (the underlying philosophy)
- 12) ask if there are any rules
- 13) if the audio goes strange (radio/computer like), reproduce (free text to speech etc), create samples similar and play them back to the voices
- 14) ask how long their shift is
- 15) ask if anything they say are "code words"
- 16) They prescribe utterly preposterous things - kill yourself, injure yourself, jump in front of a car, (describe their prescriptions somehow generally)

- o “The Thread”
 - o Location (neighbors, overseas, suburbs where person grew up, international/nation)
 - o Previous association with assailants (alma mater, clubs, schools, relatives, rotary club, Greenpeace etc)
 - o Working in shifts
 - o SLI (Specific Language Impairment)
 - o Evidence of limited education Vs Any evidence of tertiary education
 - o Bullies / sociopathic (psychometric test possibility, but probably too much. 1 question would be better)
 - o “I refuse to answer”
 - o Names - Who is perpetrating these assaults
 - o Evidence of lifestyle Vs Any evidence of lifestyle
 - o Any mention of working - the occupation (or what they aspire to / what they have done)
- Get a statutory declaration
 - sociopathy test
 - cognitive abilities test
 - personality test
 - o AVH interactions - the plot
 - o Somatosensory and tactile phenomena experienced, their stated impact
 - o Any injuries you have suffered
 - o How the symptoms mentioned are negatively impacting you (what losses you have suffered (including \$, welfare payments, assets))
 - o Check diagnosis of friends who sign testimonial they provide
 - o What you did to cope

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5479085/>

However, the identification and quantification of these symptoms in practice proved to be a daunting task because of an inherent subjectivity and the obvious discomfort of the psychiatrist at identifying the “lack” of something.

Life cycle factors

- Voices lie - recognition & acknowledgement
- impersonations

Classify these symptoms according to the extended phenomenology:

[Please help me understand what is wrong with me. TW : Schizophrenia Forum - Psych forums](#)

- Impulsive and unconscious talking to yourself.
- Episodes of being selectively mute, silent sadness, chronic feelings of emptiness and worthlessness, suicidal tendencies, chronic apathy
- Followed by episodes of hyper-activity, and taking a sudden interest in life, obsessiveness about taking care of yourself and extreme elevated moods.
- Crashing down with excessive angry, arguing for no reason and not ceasing the arguments even when the other side has retreated, horrible temper, extreme mood swings, destructive thoughts, hating everyone even children, huge distrust of others, and very high irritability.
- Being deeply indulged in one activity then completely abandoning it, and then returning to it again and so on.
- Social withdrawal.
- Selective mutism.
- Avoiding eye contact.
- Episodes of extreme self-loathing, then self-indulgence.
- Spacing out and feeling blank most of the time.
- Having trouble speaking clearly.
- Voice changes a lot. In tone and pitch.
- Mega-delayed reactions. Episodes of being immune to anger or provocation and then being highly provoked.
- Having a very hard time in remembering childhood, and even then it feels like it was someone else.
- Taking care of yourself too much then not taking care of yourself at all. Even in public.
- Thinking that most people hate you or dislike you and imagining that they are laughing at you.
- Feeling like you don't belong or that your body is not yours.
- Feeling like something else, a spirit or entity is inhabiting and controlling your body and not you **(I also can't sleep in the dark/silence as I always feel there is someone in the room.**
- Feeling like you're trapped and losing track of time.
- Taste in music drastically changes
- Things are either VERY BAD or VERY GOOD, there's no in between.
- Intimacy, abandonment and trust issues.
- Hate loud sounds and noise, bright lights and crowds.
- Still waters run deep, is always true in my case, I am most definitely *not* what I appear to be.
- And to be completely blunt, I have very hypocritical tendencies

Thank you .. I did not think I would get a reply.... So most of the time.. I hear people talking about how to set me up.. To go to prison... Because they think I'm a piece of \$#%^.. and I treat my wife bad... And ya .. I really don't tho.. I'm mainly worried because what if the voices are real... Not voices... But I guess that's how paranoid schizophrenia works... Well thats what I keep telling myself... I have found something that helps with the voices tho... The only thing ... Alcohol... Honestly.. it calms me down.. and helps me think... Or just not care ... But...I have another question pleaseeeee.... How does my brain make up these voices... Like I hear stuff that I would never say... Or stuff I wouldn't think about... And it's mostly .. like the humming of a fan.. or bass.... Because it quiets down when I turn the object off... SOMETIMES.... But I'd that normal... To hear words in sentence s never I've never heard before ?

Here are my list of symptoms I have experienced: Internal voices, Internal lights or colors illuminating parts of the body, Internal lights bright enough to illuminate a dark room, Observing oneself, including

one's thoughts, as if one were a bystander, Sudden, intense ecstasy, bliss, peace, love, devotion, joy, or cosmic unity, Sudden intense fear, anxiety, depression, hatred or confusion, Thoughts spontaneously speeding up, slowing down, or stopping altogether.